



“Like CPR, QPR is an emergency response to someone in a suicide crisis. Also, like CPR in the Chain of Survival from a life-threatening medical crisis, early recognition of warning signs, early intervention and early professional assessment and care can save lives.”



QPR Institute

Q = Question P = Persuade R = Refer

NKHS offers QPR Gatekeeper Training for people of any age to raise awareness, dispel myths and misconceptions, and teach three skills that can help save a life. A QPR Gatekeeper will learn to recognize the warning signs of suicide, know how to offer hope, know how to get help and save a life.

What to expect in the 90 minute to 2-hour virtual training:

- ☆ Attend with a device where you are able to leave your camera on for the training if possible
- ☆ Complete the Pre-Training survey
- ☆ Time is allowed for questions, comments, and reactions to the QPR concepts and skills at any time – this is an interactive training either by unmuting or typing comments and questions in the Chat feature
- ☆ Watch the introductory video, *About Suicide*
- ☆ Watch the *Introduction to QPR* video
- ☆ *Learn QPR*, a PowerPoint presentation.
 - Review common myths, misconceptions, and statistics about suicide and warning signs of suicidal behavior, how to question, persuade, and refer to offer hope
- ☆ Complete the Post-Training survey
- ☆ Certified QPR instructors are available after the formal training to talk with participants
- ☆ Participants will receive Northeast Kingdom, Vermont, and national suicide prevention contacts, the QPR booklet, Certificate of Completion and other training review materials after the virtual training.

Talking about suicide will not encourage suicide and may be the only thing that will prevent it. Quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. “Remember, when you apply QPR, you plant the seeds of hope. Hope helps prevent suicide.” *QPR Gatekeeper Training*

Ask a question – Save a life.

National Suicide Prevention Lifeline 1-800-273-TALK (8255) – 988 as of mid-July 2022

Vermont Crisis Text Line: text VT to 741741